

# Welcome

## Campbell's Kitchen

Hi!

My name is Cindy, and I head up Campbell's Kitchen. For over 17 years I have worked with my team to create great-tasting recipes for families across America.

Over the years, Campbell's Kitchen staff has developed a friendship with America's cooks. We develop and send out recipes, and in turn, our friends share their creations with us. My colleagues exchange ideas with me every day. Through the power of the Internet, our friendships continue to grow.

To create this collection, I teamed up with my friends across the country to bring you our families' favorite recipes. You too can develop your own creations, by substituting ingredients and adding your family's favorite flavors. On the following pages, we'll show you how.

This collection also includes helpful cooking tips and money-saving coupons. We've tucked in information on how you can get free stuff for your kids' school through Campbell's Labels for Education program. I also invite you to sign up for Meal-Mail, a recipe emailed daily from Campbell's Kitchen.

My family cooked with Campbell's soups long before I joined the company. (I can't imagine a holiday dinner without my Aunt Reba's Green Bean Casserole made with Campbell's Cream of Mushroom soup!) For me, creating and sharing recipes from Campbell's Kitchen has been the continuation of a long family tradition.

I hope these recipes make it easier for you to gather your family around the table for a home-cooked meal. And if you have a favorite you'd like to share with me, I'd love to try it for my family.

Fondly,



From the desk of Cindy Ayres



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# the Label Lady



Hi, I'm Anne. It seems like only yesterday my children were in school and I participated in

Campbell's Labels for Education program. Today, I work for Campbell and I am deeply involved with the program. In fact, my Kids call me the "Label Lady." I love helping parents across the country build better schools for our children.

Participating in the program is easy. Just save labels from Campbell's products and your school can redeem them for free educational, recreational and sporting equipment. The labels I saved over the years helped earn my Kids new computers, software, books and musical instruments.

Campbell's Labels For Education is a no-hassle fundraiser my whole family got involved with. Just save labels from products you already use and love. Labels can be collected and redeemed at any time, and there is no limit to the amount of merchandise your school can earn.

My Kids got so excited about the program when they were little. They tore labels from Campbell's soup cans stocked in my pantry. That often meant grilled cheese sandwiches and Campbell's soup surprise for dinner!

Over the past 29 years, families like ours have helped Campbell's deliver nearly \$100 million in valuable merchandise to our schools. Together, we are building better schools for our children—one label at a time!

Hope to hear from you soon,

Anne

P.S. To learn more, visit [labelsforeducation.com](http://labelsforeducation.com) or call us at 1-800-424-5331.



From the desk of Anne Pizarro



# Making it Yours

Hi ! My name is Andrea, and I'm the mother of three boys, Liam (7), Patrick (9), and Daniel (11). I work for Campbell part-time. My job is to meet with people like you and me who use Campbell's products, and gather their opinions. I ask questions about new product ideas, new soup flavors, advertising and recipes.

Many of the folks I speak to are moms who, like me, are pressed for time but still want to prepare delicious, homemade meals for their families. With my three boys—four, including my husband—I know how important it is to catch up with family at the dinner table.

That's where Campbell's recipes can help. In just 20 minutes or less, I can prepare a home cooked meal I know my family will love. My boys especially love moist and creamy dishes like Tasty 2-Step Chicken, made with Campbell's Cream of Mushroom soup. I can add my personal touch to make it fit the many tastes of my hungry gang. My son Daniel loves when I add broccoli and serve it with noodles. My husband Ed likes it served over pasta with garlic and extra mushrooms.

I just know these recipes will please your family as much as they do mine. Many can be made in two easy steps, with tips on how to add ingredients you probably have on hand to make the dish your very own.

Enjoy these delicious ways to bring your family together for dinner!

*Andrea Mulligan*





# 2-Step Recipes

<http://www.campbellskitchen.com>

*Campbell's*

kitchen

Kitchen Table

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**o.k., what's for dinner  
tomorrow night?**

Sign up for **Meal-Mail** and you'll get great tasting, easy to prepare recipes in your email box everyday! What could be easier? Click here to **sign up**.



## CAMPBELL'S® 2-STEP GARLIC PORK CHOPS

PREP/COOK TIME: 20 MIN. • SERVES 4

### 1. BROWN



4 BONELESS  
PORK CHOPS WITH  
MINCED GARLIC.

### 2. ADD



SOUP & MILK. COVER  
& SIMMER UNTIL  
DONE. SERVE WITH  
COUSCOUS OR RICE.

\*ALSO DELICIOUS WITH CREAM OF MUSHROOM  
WITH ROASTED GARLIC SOUP; OMIT GARLIC.



Visit a *Campbell's*, site...



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notes:

# Campbell's

## 2-Step Inside-Out Chicken Pot Pie



PREP/COOK TIME: 20 MIN.  
SERVES 4

### 1. BROWN



1 LB. CUT UP BONELESS  
CHICKEN BREASTS.

### 2. ADD



FROZEN VEGETABLES &  
SOUP. COVER & SIMMER  
UNTIL DONE. SERVE  
ON BISCUITS.

Notes:

Also Great with Cream of Mushroom!



**CAMPBELL'S®**  
**TASTY 2-STEP CHICKEN**  
 PREP/COOK TIME: 20 MIN. • SERVES 4

**1. BROWN**

**4 BONELESS CHICKEN BREASTS.**

**2. ADD**

**SOUP & WATER. COVER & SIMMER UNTIL DONE.**

FOR A CREATIVE TWIST...	
REPLACE WATER WITH... MILK	THEN ADD... 1/2 TSP. DRIED THYME LEAVES

For more of these ideas, visit our website [cabbellskitchen.com](http://cabbellskitchen.com)

INGREDIENTS: CHICKEN BREASTS, CREAM OF MUSHROOM SOUP, WATER, GARLIC, ONION, CARROT, BROCCOLI, RICE, CHILI POWDER, CREAM, CONTAINS SODIUM, MONOSODIUM PHOSPHATE, CALCIUM

*Added some chili powder last week after browning and it was a Big Hit.*



*Campbell's*

kitchen

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## CAMPBELL'S® 2-STEP ITALIAN BURGER MELT

PREP/COOK TIME: 25 MIN. • SERVES 6

### 1. MIX



← 1 TSP.

SOUP, WATER AND  
OREGANO. POUR OVER  
6 HAMBURGERS.

### 2. TOP



WITH CHEESE. BAKE AT  
400° F. FOR 20 MIN. SERVE  
ON ROLLS OR PASTA.

Visit a *Campbell's*, site...



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The Team  
**LOVES**  
these after  
the game!



# Recipes from Karen

<http://www.campbellskitchen.com>

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**kitchen**

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**o.k., what's for dinner tomorrow night?**

Sign up for **Meal-Mail** and you'll get great tasting, easy to prepare recipes in your email box everyday! What could be easier? Click here to **sign up**.



## CAMPBELL'S® SPEEDY 2-STEP BEEF STROGANOFF

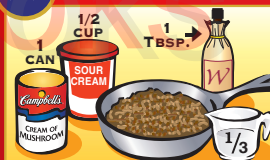
PREP/COOK TIME: 20 MIN. • SERVES 4

**1. BROWN**



**1 LB. GROUND BEEF.**

**2. ADD**



SOUP, SOUR CREAM, MILK AND WORCESTERSHIRE. HEAT THROUGH. SERVE ON NOODLES.

FOR A CHANGE OF PACE, ADD 1 CAN OF SLICED MUSHROOMS.

Visit a *Campbell's*, site...



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Brett loves these wrapped in flour tortillas with taco-flavored cheese!

Karen & Brett  
Nov. '01 →



Karen's  
mom made  
this when  
she was  
a kid!  
✓

**USED**

**COOKING**

of  
**om**

NET WT.  
10 3/4 OZ.  
(305g)

**CAMPBELL'S® SPEEDY**  
**2-STEP BEEF STROGANOFF**  
 PREP/COOK TIME: 20 MIN. • SERVES 4

1.

**BROWN**

2.

**ADD**

**1 LB. GROUND BEEF.**

**SOUP, SOUR CREAM, MILK AND WORCESTERSHIRE. HEAT THROUGH. SERVE ON NOODLES.**

**FOR SOMETHING NEW**

<b>WHEN BROWNING BEEF ADD:</b>	<b>THEN STIR IN:</b>
<b>1/2 CUP CHOPPED ONION</b>	<b>1 CAN SLICED MUSHROOMS</b>

For more of these ideas see under the label or visit our website [www.campbellskitchen.com](http://www.campbellskitchen.com)

INGREDIENTS: WATER, MUSHROOMS, VEGETABLE OIL, CORN, COTTONSEED CANOLA AND/OR SOYBEAN, MODIFIED FOOD STARCH, WHEAT GLUTEN, SUGAR, CHEESE CONTAINS LESS THAN 2% OF THE FOLLOWING INGREDIENTS: SALT, DRIED WHEY, MONOSODIUM GLUTAMATE, SOY PROTEIN CONCENTRATE, DRIED DAIRY BLEND (WHEY, CALCIUM CASEINATE), YEAST EXTRACT, SPICE EXTRACT, DEHYDRATED GARLIC.  
 CAMPBELL SOUP COMPANY, CAMDEN, NJ 08105-1701



# Contest Winners

Campbell's Paprika Chicken  
with Sour Cream Gravy  
Prep/Cook Time: 20 min - Serves 4

20 MINUTE RECIPE CHALLENGE  
GRAND PRIZE  
WINNER!  
SECOND ANNUAL



"Campbell's is  
my best friend  
in the kitchen,"  
says wife &  
mom Christina  
Hurt of Ada, OK.



# OOD

WEDNESDAY  
JUNE 19, 2002



## Campbell's® 20-Minute Recipe Challenge Grand Prize Winner is Christina Hurt of Ada, OK

*M'm! M'm! Good! That's what the Campbell's Kitchen staff declared when they tested Christina Hurt's entry in the second annual Campbell's 20-Minute Recipe Challenge. Hurt, who hails from Ada, Oklahoma, took top honors out of thousands of entries received. In addition to claiming the \$20,000 grand prize, she and her winning recipe will be featured on the label of Campbell's® Condensed Cream of Chicken Soup. Eight First Prizes also were awarded.*

*Hurt's recipe, Paprika Chicken with Sour Cream Gravy, uses Campbell's®*

*continued on page 7*

### Campbell's® Paprika Chicken with Sour Cream Gravy

**Prep/Cook Time: 20 min.**

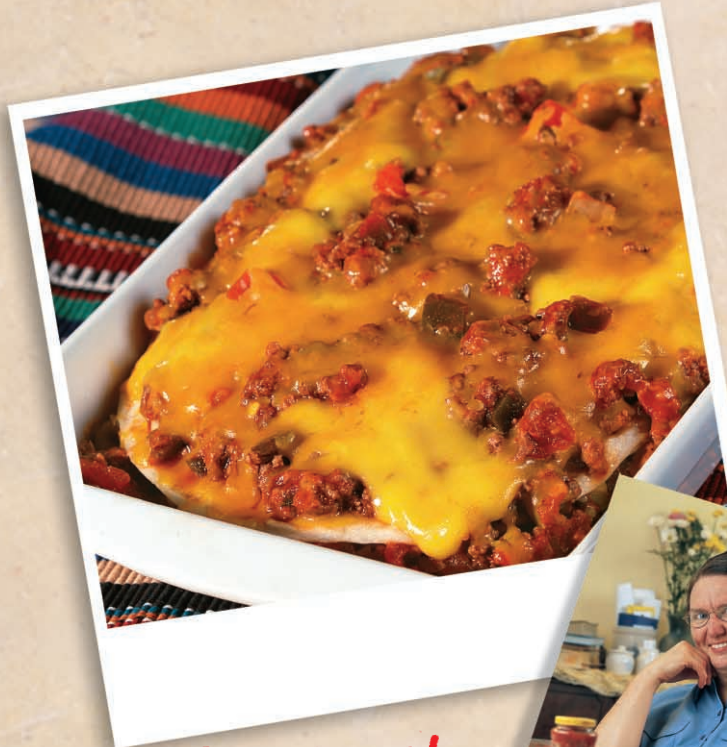
- 1/2 cup all-purpose flour
- 2 tsp. paprika
- 1 tsp. **each** salt, ground pepper, garlic powder, cayenne pepper
- 4 boneless chicken breast halves
- 1/4 cup butter **or** margarine
- 1 can (10 3/4 oz.) **CAMPBELL'S** Cream of Chicken **or** 98% Fat Free Cream of Chicken Soup
- 1/4 cup sliced green onions
- 1 carton (8 oz.) sour cream

**MIX** flour and seasonings. Coat chicken.

**MELT** butter in skillet. Add chicken and cook until browned.

**ADD** soup and onions. Cover and cook over low heat 10 min. or until done. Stir in sour cream. Serve with mashed potatoes or rice if desired. Serves 4.





*Susan Schneider  
of Elgin, IA*

### Campbell's® Microwave Enchilada Torte

Prep/Cook Time: 20 min.

- 1 lb. ground beef
- 1 jar (16 oz.) **PACE** Chunky Salsa
- 2 tbsp. chili powder
- 8 (6 to 8") flour tortillas
- 1 can **CAMPBELL'S** Cheddar Cheese Soup
- 1 cup shredded Cheddar cheese
- Sour cream (optional)

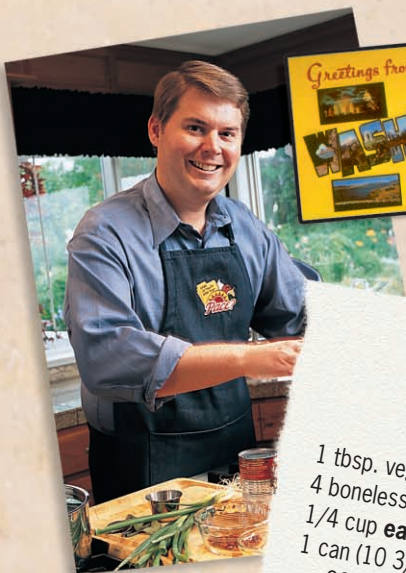
**COOK** beef in skillet until browned. Pour off fat.

**ADD** salsa and chili powder.

**LAYER** 4 tortillas in 2-qt. microwave-safe shallow baking dish. Top with *half* of the meat mixture and *half* of the soup. Repeat layers. Top with cheese. **Cover.**

**MICROWAVE** at 70% power for 8 min. or until hot. Serve with sour cream if desired. Serves 6.





*Richard McIntosh of  
Newcastle, W.A.  
He's at "home on  
the range!"*

*Campbell's Contest Winners continued*

## **Campbell's® Cranberry Chicken**

**PREP/COOK TIME: 20 MIN.**

- 1 tbsp. vegetable oil
  - 4 boneless chicken breast halves
  - 1/4 cup **each** cranberry juice **and** orange juice
  - 1 can (10 3/4 oz.) **CAMPBELL'S** Cream of Mushroom **or** 98% Fat Free Cream of Mushroom Soup
  - 1 tbsp. dried cranberries
  - 1 tbsp. chopped fresh sage **or** 1 tsp. dried sage leaves, crushed
  - 1/8 tsp. pepper
  - 4 cups cooked instant white rice
- HEAT** oil in skillet. Add chicken and cook until browned.
- ADD** juices, soup, cranberries, sage and pepper. Heat to a boil. Cover and cook over low heat 5 min. or until done.
- SERVE** over rice. Serves 4.





*A new Twist on  
Shepherd's Pie by  
Kurt Wait,  
Redwood City, CA.*

## *Recipes:*

Campbell's® Fast Fiesta Shepherd's Pie  
Prep/Cook Time: 20 min.

- |       |  |
|-------|--|
| 1     | lb. ground beef  |
| 1     | can CAMPBELL'S Tomato with Roasted Garlic & Herbs Soup |
| 1     | cup frozen whole kernel corn                           |
| 3/4   | cup PACE Picante Sauce                                 |
| 1     | tsp. ground cumin                                      |
| 1     | can CAMPBELL'S Fiesta Nacho Cheese Soup                |
| 1     | cup milk   |
| 2     | tbsp. butter or margarine                              |
| 1 1/3 | cups instant mashed potato flakes                      |

COOK beef in skillet until browned. Pour off fat.

STIR in tomato soup, corn, picante sauce and cumin. Heat to a boil. Cover and cook over low heat 5 min.

MIX cheese soup, milk and butter in saucepan. Heat to a boil. Remove from heat. Stir in potato flakes. Let stand 30 seconds. Mix with fork until evenly moistened. Drop potatoes by large spoonfuls onto beef mixture.

Serves 4.





**Campbell's**

CONDENSED



Edna Felix  
of  
Hilton Head  
Island, SC.

### Campbell's® Creamy Almond Chicken

Prep/Cook Time: 20 min.

- 1/4 cup butter *or* margarine
- 2/3 cup sliced almonds
- 6 boneless chicken breast halves
- 1/8 tsp. *each* salt and pepper
- 1 cup heavy cream
- 1 can (10 3/4 oz.) **CAMPBELL'S** Cream of Chicken *or* 98% Fat Free Cream of Chicken Soup
- 2 tbsp. orange marmalade
- 1 tbsp. Dijon mustard
- 1/8 tsp. red pepper flakes

**MELT** 1 tbsp. butter in skillet. Add almonds and cook until browned. Remove almonds.

**PLACE** chicken between 2 sheets of plastic wrap and pound to even thickness. Season with salt and pepper.

**MELT** remaining butter in skillet. Add chicken and cook until browned.

**ADD** 1/2 cup toasted almonds, cream, soup, marmalade, mustard and red pepper. Cook 10 min. or until sauce thickens. Garnish with remaining almonds. Serve with rice if desired. Serves 6.

Was a BIG  
hit with The  
Mulligan family!





*Julie DeMatteo of  
Clemanton, NJ*



*Campbell's® Chicken Creole with Chile Cream Sauce*  
*Prep/Cook Time: 20 min.*

- 4 boneless chicken breast halves
- 2 tsp. Creole *or* Cajun seasoning
- 1 tbsp. olive oil
- 1 can (10 3/4 oz.) **CAMPBELL'S** Cream of Chicken *or* 98% Fat Free Cream of Chicken Soup
- 1/2 cup water
- 1 can (4 oz.) chopped green chiles
- 1 tsp. lime juice
- 1/4 cup sour cream
- Hot cooked rice

**SEASON** chicken with Creole seasoning.

**HEAT** oil in skillet. Add chicken and cook until browned.

**ADD** soup, water, chiles and lime juice. Heat to a boil. Cook over low heat 5 min. or until done.

**STIR** in sour cream and heat through. Serve over rice. Serves 4.

Kathleen Johnson of  
Ellensburg, WA, Knits,  
Crochets, and cooks  
with Campbell's  
Cream of Chicken  
Soup!



Campbell's® New Orleans Shrimp Toss



Prep/Cook Time: 20 min.

- 1 lb. fresh large shrimp, shelled and deveined
- 2 tbsp. vegetable oil
- 2 tbsp. lemon juice
- 1 tbsp. Worcestershire sauce
- 1 tsp. Cajun seasoning
- 1/2 cup chopped onion
- 2 cloves garlic, chopped
- 1 can CAMPBELL'S Cream of Chicken with Herbs Soup
- 1/2 cup milk
- 1 tsp. paprika
- 4 cornbread squares or biscuits

MIX shrimp, 1 tbsp. oil, lemon juice, Worcestershire and Cajun seasoning.

HEAT remaining oil in skillet. Add onion and garlic and cook until tender.

ADD soup, milk and paprika. Heat to a boil. Add seasoned shrimp. Cover and cook over low heat 5 min. or until shrimp is done. Serve with cornbread. Serves 4.



## Swanson® Beef Teriyaki

**Prep/Cook Time: 25 min.**

- 1 lb. boneless beef sirloin steak, 3/4" thick\*
- 2 tbsp. cornstarch
- 1 can (14 oz.) **SWANSON** Beef Broth or Lower Sodium Beef Broth
- 2 tbsp. soy sauce
- 1 tbsp. packed brown sugar
- 1/4 tsp. garlic powder
- 4 cups broccoli flowerets
- 4 cups hot cooked rice, cooked without salt

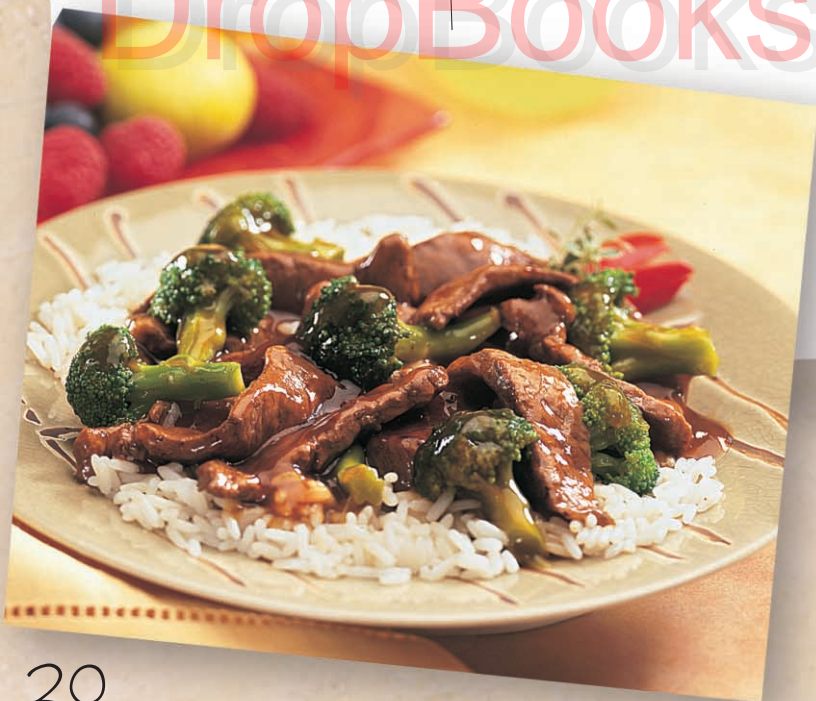
**SLICE** beef into very thin strips. Mix cornstarch, broth, soy, sugar and garlic.

**STIR-FRY** beef in nonstick skillet until browned and juices evaporate.

**ADD** broccoli and cornstarch mixture. Cook and stir until mixture boils and thickens. Serve over rice.  
Serves 4.

*\*To make slicing easier, freeze beef 1 hr.*

# DropBooks







*Great  
with  
Rice*

## CAMPELL'S® CHICKEN SCAMPI

**Prep/Cook Time: 20 min.**

- 2 tbsp. butter
- 4 boneless chicken breast halves
- 1 can (10 3/4 oz.) **CAMPBELL'S** Cream of Chicken **or** 98% Fat Free Cream of Chicken Soup
- 1/4 cup water
- 2 tsp. lemon juice
- 2 cloves garlic, minced **or** 1/4 tsp. garlic powder
- 4 cups hot cooked capellini or thin spaghetti

**HEAT** butter in skillet. Add chicken and cook until browned.

**ADD** soup, water, lemon juice and garlic. Heat to a boil. Cover and cook over low heat 5 min. or until done. Serve with pasta. Serves 4.

Found this in  
Taste of Home.  
Love that magazine!



## Campbell's® Chicken Broccoli Divan

**Prep Time:** 10 min.

**Cook Time:** 30 min.

- 4 cups fresh **or** frozen broccoli
- 4 boneless chicken breast halves
- 1 can (10 3/4 oz.) **CAMPBELL'S** Cream of Chicken **or** 98% Fat Free Cream of Chicken Soup\*
- 1/2 cup milk
- 1/2 cup shredded Cheddar cheese
- 2 tbsp. dry bread crumbs
- 1 tbsp. melted butter

- **PLACE** broccoli in 2-qt. shallow baking dish.
- Top with chicken.
- **MIX** soup and milk. Pour over chicken. Sprinkle with cheese. Mix bread crumbs and butter and sprinkle on top.
- **BAKE** at 350°F. for 30 min. Serves 4.
- \*Also delicious with Broccoli Cheese or Cream of Broccoli Soup.





*A Winner  
Every  
Time!*

### **Campbell's® Pork Chops & Stuffing Bake**

**Prep Time:** 10 min. **Cook Time:** 30 min.

- 4 cups **PEPPERIDGE FARM** Corn Bread Stuffing
- 4 to 6 boneless pork chops, 3/4" thick
- 1 can **CAMPBELL'S** Cream of Celery or 98% Fat Free Cream of Celery Soup\*
- 1/3 cup milk
- 1/2 cup shredded Cheddar cheese

**PREPARE** corn bread stuffing according to pkg. directions.

**SPOON** stuffing across center of 3-qt. shallow baking dish. Place pork chops on each side of stuffing.

**MIX** soup and milk. Pour over chops.

**COVER.** Bake at 400°F. for 30 min. or until done. Sprinkle with cheese. Serves 4 to 6.

\*Also delicious with Cream of Mushroom Soup.



## Campbell's® Herb Roasted Chicken & Vegetables

**Prep**  
**Time:** 10 min.

**Cook**  
**Time:** 50 min.

- 1 can (10¾ oz.) **CAMPBELL'S** Cream of Mushroom **or** 98% Fat Free Cream of Mushroom Soup
- ⅓ cup water
- 2 tsp. dried oregano leaves, crushed
- 2 cups fresh **or** frozen baby carrots
- 4 medium potatoes, cut into quarters
- 4 bone-in chicken breast halves
- ½ tsp. paprika

**MIX** soup, water, **1 tsp.** oregano, carrots and potatoes in shallow roasting pan.

**TOP** with chicken. Season with remaining oregano and paprika. Place on top.

**BAKE** at 400°F. for 50 min. or until done. Stir vegetables.

Serves 4.

notes:



*Tastes like  
Grandma's  
but 10 times  
easier to  
make!*

## Recipe

### FRANCO-AMERICAN® EASY CHICKEN & GRAVY

PREP/COOK TIME: 15 MIN.

4 boneless chicken Breast halves

2 tbsp. all-purpose flour

1 tbsp. vegetable oil

1 can (10 1/2 oz.) FRANCO-AMERICAN Chicken Gravy

4 cups hot cooked rice

**COAT** chicken with flour.

**HEAT** oil in skillet. Add chicken and cook 12 min. or until browned and done.

**ADD** gravy and heat through, serve with rice.

Serves 4.



# Franco-American® Quick Pepper Steak

Prep/Cook Time: 25 min.

- 1 lb. boneless beef sirloin steak,  $\frac{3}{4}$ " thick\*
- 2 tbsp. vegetable oil
- 3 cups fresh **or** frozen green **or** red pepper strips
- 1 medium onion, cut into wedges
- $\frac{1}{2}$  tsp. garlic powder
- 1 can (10 $\frac{1}{4}$  oz.) **FRANCO-AMERICAN** Beef Gravy
- 1 tbsp. Worcestershire sauce
- 4 cups hot cooked rice

**SLICE** beef into very thin strips.

**HEAT** 1 **tbsp.** oil in skillet. Add beef and stir-fry until browned and juices evaporate. Push to one side of skillet.

**HEAT** remaining oil. Add peppers, onion and garlic and cook until tender-crisp.

**ADD** gravy and Worcestershire. Heat through. Serve over rice.

Serves 4.

*\*To make slicing easier, freeze beef 1 hr.*

FRANK'S  
All-time Favorite  
Stir-Fry!







### 39 Recipe Classics

#### Campbell's® Zesty Slow-Cooker Italian Pot Roast

**Prep Time:** 10 min. **Cook Time:** 10 to 12 hr.

- 4 medium potatoes, quartered
- 2 cups fresh **or** frozen baby carrots
- 1 stalk celery, cut into 1" pieces
- 2½ lb. boneless beef chuck roast
- ½ tsp. pepper
- 1 can **CAMPBELL'S** Tomato with Roasted Garlic & Herbs Soup
- ½ cup water

**PLACE** potatoes, carrots and celery in 3½-qt. slow cooker. Season roast with pepper and place on top.

**MIX** soup and water. Pour over all.

**COVER** and cook on **LOW** 10 to 12 hr.\* Serves 4 to 6.

*For a thicker gravy, mix ¼ cup all-purpose flour with ½ cup water. Remove beef and keep warm. Add flour mixture to slow cooker. Turn heat to **HIGH**. Cook until mixture boils and thickens, about 10 min.*

**TIP:** You can substitute 1 can (10½ oz.) **CAMPBELL'S** Tomato Soup and 3 cloves garlic (minced) for **CAMPBELL'S** Tomato with Roasted Garlic & Herbs Soup.

*\*Or on **HIGH** 5 to 6 hr.*

*Only  
10 min.  
to prep!*

# Veggie/Sides



Prep/Cook Time: 10 min.

Serves 4

## Campbell's



From the Kitchen of: Barb

Date: 6/20

Recipe for:

### Cheesy Broccoli

- 1 can Campbell's Cheddar Cheese Soup
- 1/4 cup milk
- 4 cups frozen broccoli cuts

Mix soup and milk in 2-qt. microwave-safe casserole. Add broccoli. Cover.

Microwave on HIGH 8 min. or until broccoli is tender-crisp, stirring once.



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## Campbell's® Cheese Fries

Prep/Cook Time: 20 min.

1 bag (32 oz.) frozen French fried potatoes

1 can **CAMPBELL'S** Cheddar Cheese Soup

**BAKE** potatoes according to pkg. directions.

**PUSH** potatoes into center of baking sheet. Stir soup in can and spoon over potatoes.

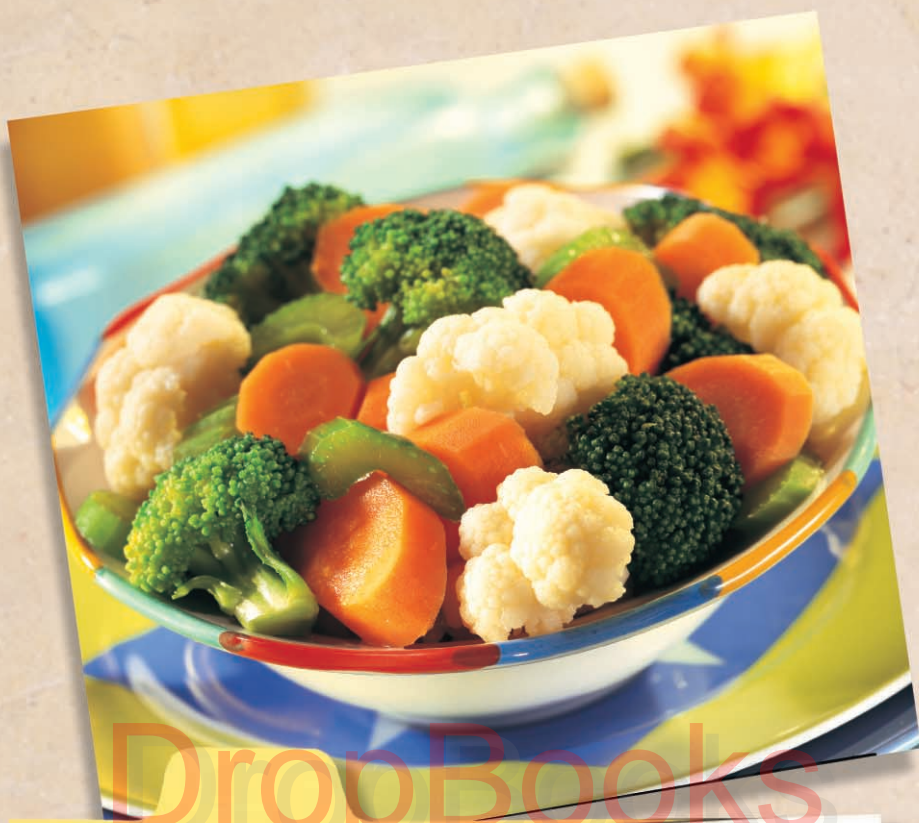
**BAKE** 3 min. or until soup is hot. Serves 6.

**Nacho Cheese Fries:** Substitute **CAMPBELL'S** Fiesta Nacho Cheese Soup for the Cheddar Cheese Soup.

*Tasha's kids  
love cheese fries!*







## Recipe for **Swanson® Savory Vegetables**

Time required Prep/Cook Time: 20 min. Serves 4

Ingredients & Directions

- 1 cup **SWANSON** Chicken Broth **or**  
Natural Goodness™ Chicken Broth
- 3 cups cut-up vegetables\*

**MIX** broth and vegetables in saucepan. Heat to a boil.

**COVER** and cook over low heat 5 min. or until vegetables are tender-crisp. Drain.

\*Use a combination of broccoli flowerets, cauliflower flowerets, sliced carrot and sliced celery.



## Swanson® Broth Simmered Rice

PREP/COOK TIME: 25 MIN.

1 can (14 oz.) **SWANSON** Chicken  
Broth or Natural Goodness™  
Chicken Broth  
(1 3/4 cups)

3/4 cup uncooked regular long-  
grain white rice

**HEAT** broth in saucepan to a boil.  
Stir in rice. Cover and cook over low  
heat 20 min. or until done. Serves 4.

*Also Great  
with Beef,  
Vegetable, or  
Seasoned  
Broth!*







# OOD

## Green Bean Casserole

### America's Favorite Holiday Tradition

**Jeff Bedard**

Public Relations

Perhaps the most famous creation to emerge from the Campbell's Kitchens at the Campbell Soup Co. is the recipe for Green Bean Casserole, that holiday favorite of creamy, saucy green beans topped with crisp French-fried onions. What American family hasn't had this on its Thanksgiving table?

Very few, according to statistics from Campbell. This popular side dish takes its place alongside turkey on more than 20 million holiday tables each year.

Originally christened "Green Bean Bake," today's Green Bean Casserole recipe is requested by more than 10,000 home cooks each year, but most frequently during the holidays. The recipe coats green beans with a saucy combination of Campbell's Condensed Cream of Mushroom Soup and a splash of soy sauce. The green beans are then smothered with crunchy French Fried onions for the perfect finish.

The recipe was created in 1955 by Dorcas Reilly, former manager of the Campbell Kitchens.

"My initial inspiration for the Green Bean

Casserole was really quite simple," says Reilly, whom Campbell calls the "grandmother" of the Green Bean Casserole. "I wanted to create a quick and easy recipe around two things most Americans always have on hand – green beans and Campbell's Condensed Cream of Mushroom Soup."

Why has it become a classic? "Green Bean Casserole has become an American holiday tradition because it's attractive, convenient, and quite easy to transport to a party or potluck dinner," Reilly says. "And best of all, friends and family look forward to eating it at the holidays – or any day of the year."

Over the years, consumers have customized the recipe by adding or substituting different ingredients and flavors – by topping it with shredded cheddar cheese or crunchy, chopped red bell pepper, by substituting Campbell's Condensed Golden Mushroom or Campbell's 98% Fat Free Cream of Mushroom Soup in lieu of regular Cream of Mushroom.

Even Cindy Ayers, who heads up Campbell's Kitchen, varies the basic recipe. "I still love it today because I can tailor it to perfectly suit my family's needs," Ayers says. "The options are endless, and, any way you customize it, it's certain to become a family favorite."



Kyle, Wendy, Kelsey, & Steve  
in Hawaii



## Campbell's® Green Bean Casserole

Prep Time: 10 min.

Cook Time: 30 min.

1 can (10 3/4 oz.) CAMPBELL'S Cream of Mushroom or 98% Fat Free Cream of Mushroom Soup

1/2 cup milk

1 tsp. soy sauce

Dash pepper

4 cups cooked cut green beans

1 1/3 cups French's® French Fried Onions

MIX soup, milk, soy, pepper, beans and 2/3 cup onions in 1 1/2-qt. casserole.

BAKE at 350°F. for 25 min. or until hot.

STIR. Sprinkle with remaining onions. Bake 5 min. Serves 6.

TIP: Use 1 bag (16 to 20 oz.) frozen green beans, 2 pkg. (9 oz. each) frozen green beans, 2 cans (about 16 oz. each) green beans or about 1 1/2 lb. fresh green beans for this recipe.

Kyle and Kelsey love it  
when Mom adds cheddar  
cheese before baking.

## Swanson® Double-Apricot Glazed Ham

Prep Time: 15 min. Cook Time: 2 hr.

- 1 cup dried apricots (6 oz.)
- 1 cup SWANSON Chicken Broth **or** Natural Goodness™ Chicken Broth
- ½ cup firmly packed brown sugar
- 6-8-lb. fully cooked whole boneless ham\*
- 2 tbsp. butter **or** margarine
- ½ cup finely chopped shallots
- 2 jars (12 oz. **each**) apricot preserves (about 2 cups)
- ¼ cup Dijon mustard
- 2 tsp. grated orange rind

PLACE apricots and broth in microwave-safe measuring cup. Microwave on HIGH for 2 min. Let cool. Remove apricots and cut into strips. Reserve broth. Mix apricots, sugar and ¼ cup reserved broth.

PLACE ham in roasting pan. Bake at 325°F. for 2 hr. or until thermometer registers 140°F. (allow 15 min. per pound). Top with apricot mixture during last 30 min. of baking, basting frequently with pan drippings.

HEAT butter in skillet. Add shallots and cook until tender. Add apricot preserves, mustard, orange rind and remaining broth. Heat to a boil. Cook over low heat 10 min. or until slightly thickened.

SLICE ham and serve with apricot sauce. Serves 24 to 32.

*\*Use 3- to 3½-lb. fully cooked half boneless ham for 12 servings. Prepare as above, but reduce remaining ingredients in half.*





notes *from Trish's Kitchen*



Got this at  
[www.tastedathome.com](http://www.tastedathome.com)



## Swanson® Holiday Vegetable Stuffing

Prep/Cook Time: 25 min.

- 2 tbsp. butter **or** margarine
- 2 cups cut-up mushrooms
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 1 can (14 oz.) SWANSON Vegetable Broth

- 1 can (8 oz.) sliced water chestnuts, drained
- 2 cups coarsely chopped fresh spinach
- 4 cups PEPPERIDGE FARM Herb Seasoned Stuffing

**HEAT** butter in saucepot. Add mushrooms, onion and carrots and cook until tender.

**ADD** broth, chestnuts and spinach. Heat to a boil. Stir in stuffing. Mix lightly.

Serves 8.





## Swanson® Ultra Creamy Mashed Potatoes

Prep/Cook Time: 25 min.

- 2 cans (14 oz. **each**) SWANSON Chicken Broth or Natural Goodness™ Chicken Broth (3½ cups)
- 5 large potatoes, cut into 1" pieces (about 7½ cups)
- ½ cup light cream
- 2 tbsp. butter **or** margarine
- Generous dash pepper



PLACE broth and potatoes in saucepan. Heat to a boil. Cover and cook over medium heat 10 min. or until tender. Drain, reserving broth.

MASH potatoes with ¼ cup broth, cream, butter and pepper. Add additional broth, if needed, until desired consistency.

Serves about 6.

# Soup & Stews

Perfect for  
Parties!

## Campbell's 2-Bean Chili

PREP/COOK TIME: 25 MIN.

MAKES 6 SERVINGS

- 1 lb. ground beef
- 1 large green pepper, chopped
- 1 large onion, chopped
- 2 tbsp. chili powder
- $\frac{1}{4}$  tsp. pepper
- 3 cups CAMPBELL'S Tomato Juice
- 1 can (about 15 oz.) each kidney beans and great Northern beans, rinsed and drained

Sour cream, sliced green onions, shredded Cheddar cheese, chopped tomato

**COOK** beef, green pepper, onion, chili powder and pepper in skillet until browned. Pour off fat.

**ADD** tomato juice and beans and heat through. Top with sour cream, green onions, cheese and tomato.







# Sensational Chicken Noodle Soup

HOMEMADE  
SOUPS

3 1/2 cups SWANSON Chicken  
Broth **or** Natural Goodness™  
Chicken Broth

Generous dash pepper

1 medium carrot, sliced

1 stalk celery, sliced

1/2 cup **uncooked** medium  
egg noodles

1 cup cubed cooked chicken

**PREP/COOK TIME: 20 MIN.**

**MIX** broth, pepper, carrot and celery in  
saucepan. Heat to a boil.

**STIR** in noodles and chicken. Cook  
over medium heat 10 min. or until  
noodles are done. Serves 4.

**Nutritional Values Per Serving:** Calories  
106, Fat 3g, Protein 12g, Carbohydrate 6g,  
Sodium 903mg.





# Hearty Lasagna Soup

HOMEMADE  
SOUPS

- 1 lb. ground beef
- 1/4 tsp. garlic powder
- 2 cans (14 oz. **each**) SWANSON Seasoned Beef Broth with Onion
- 1 can (14 1/2 oz.) diced tomatoes
- 1/4 tsp. dried Italian seasoning, crushed
- 1 1/2 cups **uncooked** mafalda or corkscrew pasta
- 1/4 cup grated Parmesan cheese

**PREP/COOK TIME: 25 MIN.**

**COOK** beef with garlic in skillet until browned. Pour off fat.

**ADD** broth, tomatoes and Italian seasoning. Heat to a boil.

**STIR** in pasta. Cook over medium heat 10 min. or until pasta is done. Stir in cheese. Serve with additional cheese, if desired. Serves 4.

**Nutritional Values Per Serving:** Calories 446, Fat 18g, Protein 31g, Carbohydrate 39g, Sodium 1157mg.



Ground Turkey  
would work  
Too!

## Campbell's® Slow-Cooker Tuscan Beef Stew

Prep Time: 5 min. Cook Time: 8 to 9 hr.

MAKES 8 SERVINGS

- 1 can (10¾ oz.) **CAMPBELL'S** Tomato Soup
- 1 can **CAMPBELL'S** Condensed Beef Broth
- ½ cup red wine **or** water
- 2 lb. beef for stew, cut into 1" pieces
- 1 can (14½ oz.) diced Italian-style tomatoes
- 3 large carrots, cut into 1" pieces
- 1 tsp. Italian seasoning, crushed
- ½ tsp. garlic powder
- 2 cans (about 16 oz. **each**) white kidney (cannellini) beans, drained

**MIX** soup, broth, wine, beef, tomatoes, carrots, Italian seasoning and garlic in 3½-qt. slow cooker.

**COVER** and cook on **LOW** 8 to 9 hr.\*

**STIR** in beans. Turn heat to **HIGH** and cook 10 min.

*\*Or on **HIGH** 4 to 5 hr.*



*Slow-Cooked*





# Try Portobello Mushrooms



## Swanson® Herb-Simmered Beef Stew

2 lb. beef for stew, cut into 1" cubes

Freshly ground pepper

2 tbsp. all-purpose flour

2 tbsp. olive oil

3 cups thickly sliced mushrooms

3 cloves garlic, minced

1/2 tsp. each dried marjoram, thyme **and** rosemary leaves, crushed

1 bay leaf

1 can (14 oz.) SWANSON Beef Broth **or** Lower Sodium Beef Broth

3 cups fresh **or** frozen baby carrots

12 whole baby red-skinned potatoes, with a strip of peel removed in center

Prep Time: 15 mins  
Cook Time: 1 hr 30 mins

**SEASON** beef with pepper and coat with flour. Heat oil in saucepot. Add beef and cook until browned, stirring often. Add mushrooms, garlic, herbs and bay leaf and cook until mushrooms are tender and liquid evaporates. Add broth.

**HEAT** to a boil. Cover and cook over low heat 45 min.

**ADD** carrots and potatoes. Heat to a boil. Cover and cook over low heat 30 min. or until done. Remove bay leaf. Serves 6.

Make this for  
the Big Game!

## ❖ Campbell's® Slow-Cooker Hearty Beef & Bean Chili ❖

Prep Time: 15 min. • Cook Time: 8 to 10 hr.

- 1½ lb. ground beef
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 can (10¾ oz.) **CAMPBELL'S** Tomato Soup
- 1 can (14½ oz.) diced tomatoes
- ½ cup water
- 2 cans (15 oz. **each**) red kidney beans
- ¼ cup chili powder
- 2 tsp. ground cumin

**COOK** beef in skillet until browned. Pour off fat.

**MIX** beef, onion, garlic, soup, tomatoes, water, beans, chili powder and cumin in 3 1/2-qt. slow cooker.

**COVER** and cook on LOW 8 to 10 hr. \* Serves 6.

\* Or on HIGH 4 to 5 hr.



# ITALIAN Recipes



## Prego® Easy Spaghetti & Meatballs

Prep/Cook Time: 20 min.

- 1 jar (28 oz.) **PREGO** Traditional Pasta Sauce
- 12 frozen or refrigerated fully cooked meatballs  
(about 12 oz.)\*
- 4 cups hot cooked spaghetti

**MIX** pasta sauce and meatballs in saucepan. Heat to a boil. Cover and cook over low heat 15 min. or until hot.

**SERVE** over spaghetti. Serves 4.

*\*For quicker Spaghetti & Meatballs, omit fully cooked meatballs and substitute 1 jar (28 oz.) **PREGO** Mini Meatball Pasta Sauce for **PREGO** Traditional Pasta Sauce.*



# Prego® Mini Pizzas

**Prep/Cook Time:** 5 min.

$\frac{1}{2}$  cup **PREGO** Pepperoni Hearty Meat Pasta Sauce\*

4 slices Italian bread,  $\frac{1}{2}$ " thick, toasted

$\frac{1}{4}$  cup shredded mozzarella cheese

**1. SPREAD** about 2 **tbsp.** pasta sauce on each bread slice. Top with cheese. Place on microwave-safe plate.

**2. MICROWAVE** on HIGH 1 min. or until cheese is melted.

Serves 2.

---

*\*Also delicious with Italian Sausage & Garlic and Mini-Meatball.*



These mini Pizzas are Great as Quick Snacks for the kids before practice!



## Campbell's® Tuna & Pasta Cheddar Melt

Prep/Cook Time: 20 min.

- 3 cups **uncooked** corkscrew pasta
- 1 can **CAMPBELL'S** Condensed Chicken Broth
- 1 soup can water
- 1 can (10 3/4 oz.) **CAMPBELL'S** Cream of Mushroom **or** 98% Fat Free Cream of Mushroom Soup
- 1 cup milk
- 1 can (6 1/2 oz.) solid-pack tuna, drained
- 1 cup shredded Cheddar cheese
- 2 tbsp. Italian seasoned bread crumbs
- 2 tsp. melted butter

**COOK** pasta in broth and water in skillet until just tender. Do not drain.

**ADD** soup, milk and tuna. Top with cheese. Mix bread crumbs and butter. Sprinkle on top. Heat through. Serves 4.



*Saw this at  
Taste of Home Cooking  
School!*





## Campbell's® Italian Vegetables and Pasta

Prep/Cook Time: 25 min.

- 1 tbsp. olive **or** vegetable oil
- 2 medium carrots, thinly sliced
- 1 medium zucchini, sliced
- 1 medium onion, sliced
- 1 cup **CAMPBELL'S** Tomato Juice
- $\frac{1}{4}$  cup grated Parmesan cheese
- $\frac{1}{4}$  tsp. dried oregano leaves, crushed
- $\frac{1}{4}$  tsp. garlic powder **or** 2 cloves garlic, minced
- 2 cups cooked medium tube-shaped, medium shell or corkscrew pasta

**HEAT** oil in skillet. Add carrots, zucchini and onion and cook until tender-crisp.

**ADD** tomato juice, cheese, oregano and garlic. Heat to a boil. Cover and cook over low heat 5 min. or until vegetables are tender.

**ADD** pasta Heat through. Serves 4.

*Tastes fantastic  
and so easy to  
make when we're  
having friends  
over for supper.*



# Mix 'n' Match Prego® Pasta Bake Sauce

PREGO Pasta Bake Sauces are specially blended to turn **uncooked** pasta into homemade Italian meals in just 40 minutes.

- Mix 1 lb. **uncooked** pasta, 1 jar PREGO Pasta Bake Sauce and 1 **full** jar water in 9" x 13" baking dish.
- Cover tightly with foil. Bake at 425° F. 30 min.
- **Stir.** Top with 2 cups cheese and bake 10 min. or until pasta is tender.



*Enough pasta ideas for a Year!*



You can create an endless variety of pasta bakes by starting with 1 lb. uncooked pasta, adding one of our PREGO Pasta Bake Sauces and topping with a different cheese each time (see below).

## Start with pasta



## Add PREGO Pasta Bake Sauce



## Top with cheese

16 oz. rotini pasta

Three-Cheese Marinara

2 cups shredded pizza cheese blend

8 oz. penne pasta plus  
8 oz. rotini pasta

Hearty Meat

2 cups shredded sharp Cheddar cheese

16 oz. ziti pasta

Mushroom Garlic & Onion

2 cups shredded mozzarella cheese plus ¼ cup grated Parmesan

16 oz. medium shell pasta

Tomato Garlic & Basil

2 cups shredded Mexican 4-cheese blend

8 oz. bow tie pasta plus  
8 oz. penne pasta

Authentic Italian Sausage

1 cup shredded mozzarella cheese plus 1 cup shredded Cheddar cheese

# Tips for Cooking with Campbell's Soup

by Jane Freiman, Campbell's Kitchen

Campbell's Condensed Soups make delicious sauces that can turn everyday ingredients into home-cooked meals in no time. Keep them on hand for quick and easy meals your family will love. Here are some ideas to get you started:

- Campbell's Cream of Mushroom Soup makes perfect basic cooking sauce. You can make an endless variety of sauces by adding other simple on-hand ingredients. Try adding a little chili powder to tasty 2-step chicken and topping chicken with shredded cheese. Your family will love the Mexican twist.

- When cooking meat for a Campbell's recipe, make sure it is well browned. Browning makes the final dish more flavorful.

- Stir your favorite Campbell's Condensed Soup into cooked instant rice for a savory side dish in no time.

- Soup up your burgers. Simmer browned hamburger patties in Campbell's French Onion Soup. Add a slice of your favorite cheese for a deliciously different burger.

- For Souper Simple Mac and Cheese, combine 1 can Campbell's Cheddar Cheese Soup, 1/2 soup can milk and 1/2 can water; heat to a boil. Stir in 1 cup uncooked elbow macaroni and cook over low heat for 10 minutes or until done, stirring often.

- Keep an eye out for our easy 2-Step Recipes on the backs of cans and in your favorite magazines. All you have to do is look at a picture for a great-tasting home-cooked dinner your whole family will love.

## FOOD

No Time To Make a Traditional Sauce?

## Try Cooking With Campbell's Condensed Soups!

By Jennifer Cobb  
Campbell's Kitchen

The Campbell Soup Company has been producing M'm! M'm! Good! condensed soups since 1897 when John Dorrance came up with a way to remove water from soup to make it easier for consumers to use at home.

Dorrance was a true culinarian in every sense of the word. He studied in Germany and developed a taste for soup and a passion for food. After returning the U.S., Dorrance continued to study under top chefs in Paris for 3 months each year and was named an honorary member of an elite French chef association. He even won a gold medal at the Paris exhibition of 1900.

Perhaps what is most interesting about Mr. Dorrance's creation, is how closely several of his soups (Cream of Mushroom, Cream of Chicken and Tomato) mirror the system of classic sauces developed by Carême. This system includes four sauces referred to as "mother sauces," because all other sauces are made from them. The mother sauces are:

**Béchamel:** A white sauce made from milk or cream thickened with a roux, a mixture of butter and flour that has been cooked.

**Velouté:** Also a white sauce, made from chicken, veal, or fish stock and thickened with a roux usually made with flour and chicken fat instead of butter

**Tomate:** Essentially a tomato sauce based on a roux of pork fat and flour. Tomato commonly also contains browned onions and carrots and various seasonings.

**Espagnole:** Also known as brown sauce. Made

from beef stock, herbs, and tomatoes, and thickened with a browned roux of fat and flour.

Before John Dorrance created Campbell's condensed soups, home cooks who wanted to create these sauces had to make them themselves. Now home cooks can add moisture and creaminess to their favorite recipe without the hassle or time required to create one of these sauces from scratch.

For example, Cream of Mushroom soup performs in many ways like a béchamel sauce. Characterized by its smooth, creamy texture, Cream of Mushroom soup is an ideal alternative to a white sauce because of its adaptable flavor and ability to thicken, bind and coat a wide range of foods.

Cream of Chicken soup is similar in flavor and consistency to a velouté sauce and allows home cooks to prepare meals in minutes without the labor-intensive steps required to make a traditional velouté.

"Many American cooks have never made a roux and don't know what a béchamel should look, smell or taste like," said Cindy Ayers of Campbell's Kitchen. "Campbell's Condensed Cream of Mushroom and Cream of Chicken soups offer busy home cooks all of the convenience of a ready-to-use sauce. They not only minimize the time investment needed to prepare a sauce from scratch, but they also remove the guesswork."

With Campbell's Condensed cooking soups, even the busiest home cook can create a delicious, creamy sauce in minutes by blending the soup with favorite flavors and seasonings.



# www.campbellskitchen.com

## #1 on My Favorites List!

The Kitchen Table is a great place to get recipe ideas and cooking tips from other Moms just like me! Campbell's Kitchen staff joins in on the fun too by chatting with cooks at the "table."

I created my own recipe box, and now I store my Campbell's favorites online.

**Campbell's kitchen**

Kitchen Table Open Your Recipe Box Sign Up for Meal-Mail find a recipe SEARCH [OPEN YOUR RECIPE BOX](#)

### Find A Recipe



Got a chicken you don't know what to do with? A four-year-old who despises veggies? We've got plenty of recipe ideas to share. Just select the ingredients you have in your kitchen, tell us what meal you're planning and click the "submit" button.

What ingredients would you like to cook with?

<input type="checkbox"/> Beef/Veal	<input type="checkbox"/> Cheese
<input type="checkbox"/> Chicken	<input type="checkbox"/> Pasta
<input type="checkbox"/> Eggs	<input type="checkbox"/> Potatoes
<input type="checkbox"/> Fish/Seafood	<input type="checkbox"/> Rice
<input type="checkbox"/> Pork/Ham/Sausage	<input type="checkbox"/> Stuffing
<input type="checkbox"/> Turkey	<input type="checkbox"/> None

What Campbell's product do you have on hand?

What type of dish or meal are you cooking?

Are you looking for a specific recipe? If yes, enter the name of the recipe in the box below.

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The Meal-mail is super cool. I like the convenience of having a new recipe emailed to me every weekday. I told my church group about it, and they loved it too!

I love the "find a recipe" feature. Last week, I entered chicken, rice and Campbell's Cream of Chicken Soup. The finder instantly popped up 15 recipes.

